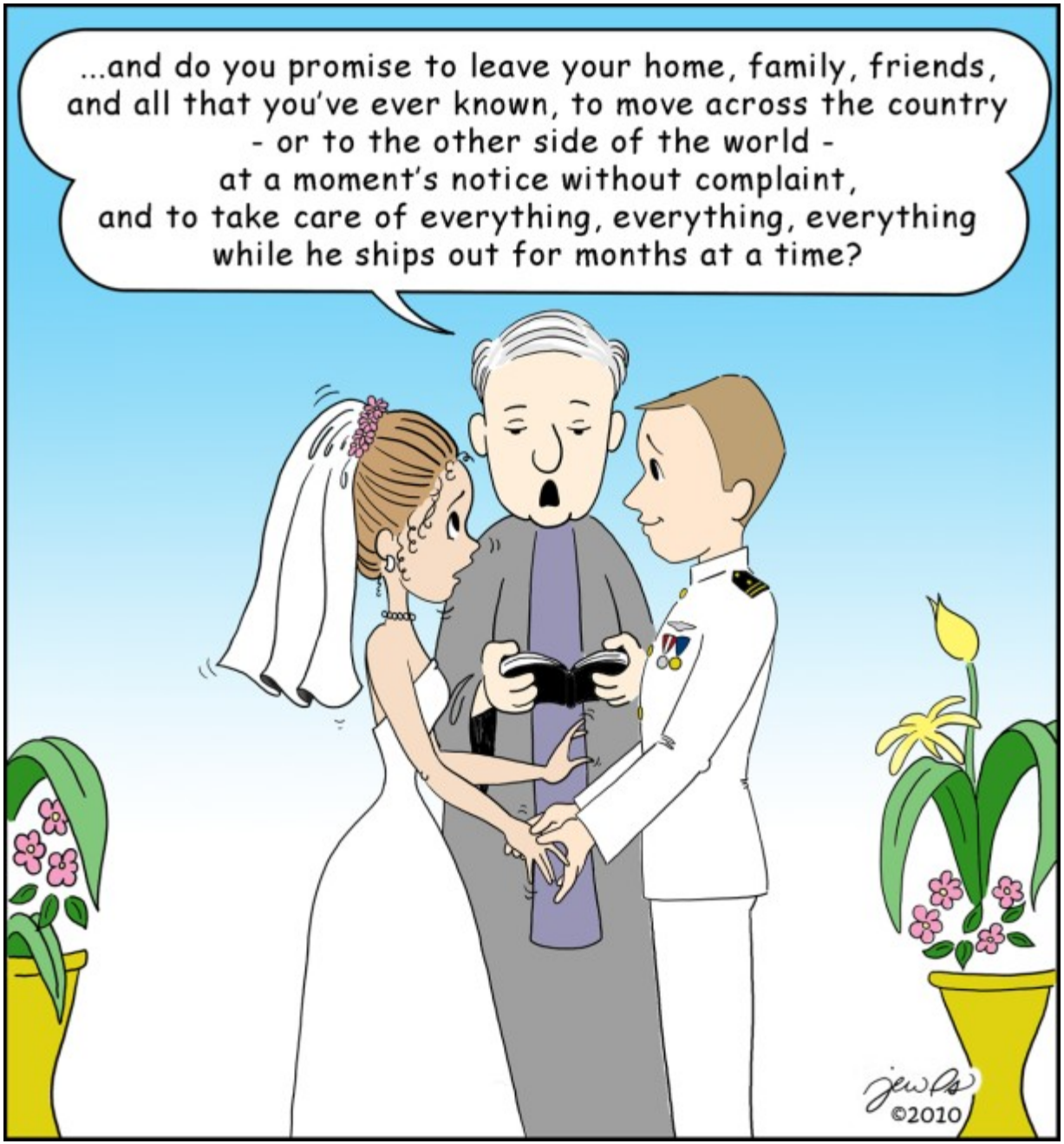
...and do you promise to leave your home, family, friends,
and all that you've ever known, to move across the country
- or to the other side of the world -
at a moment's notice without complaint,
and to take care of everything, everything, everything
while he ships out for months at a time?
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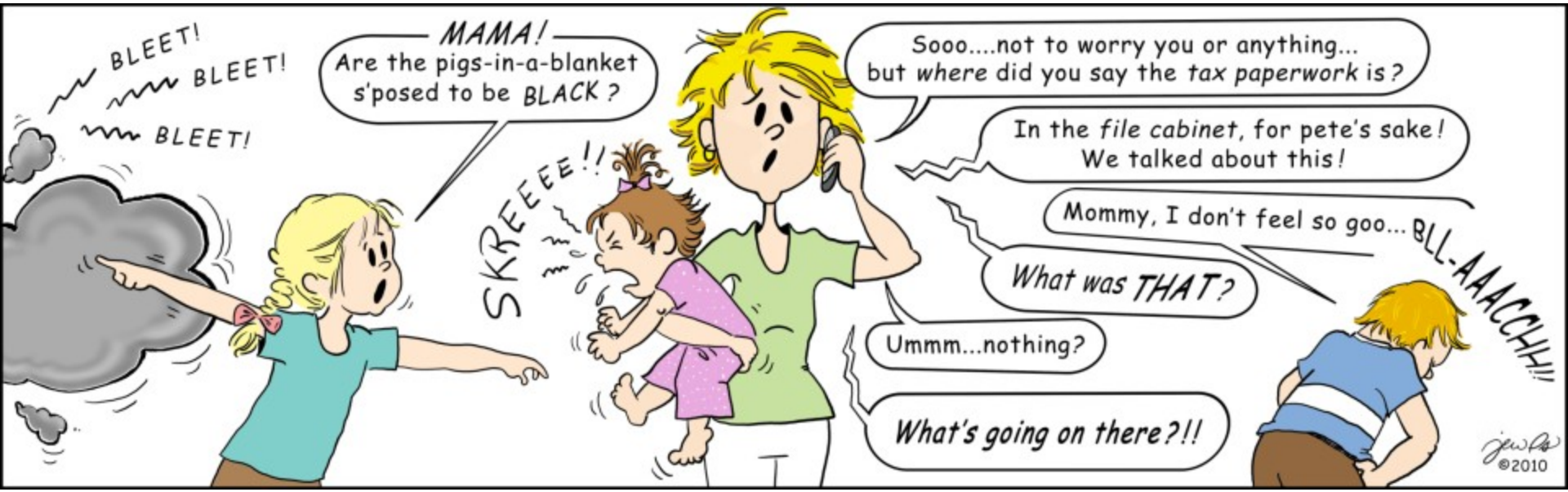
Operational Stress Control

Leanne Braddock, LMFT
OPNAV N135
20 October 2010


BLEET!
BLEET!
BLEET!
MAMA!
Are the pigs-in-a-blanket s'posed to be BLACK?
SKREEEE!!
Sooo....not to worry you or anything... but where did you say the tax paperwork is?
In the file cabinet, for pete's sake! We talked about this!
Mommy, I don't feel so goo... BLL-AAACCHH!!
What was THAT?
Ummm...nothing?
What's going on there?!!
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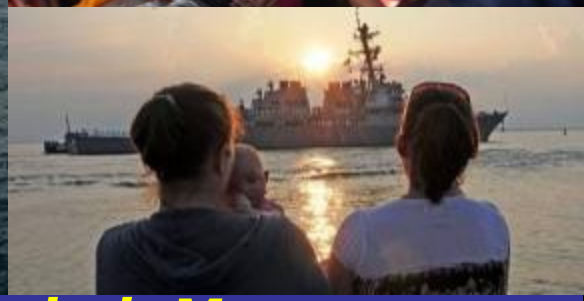
What are some of the sources of stress?

Operational Stress Control
A Different Approach for….



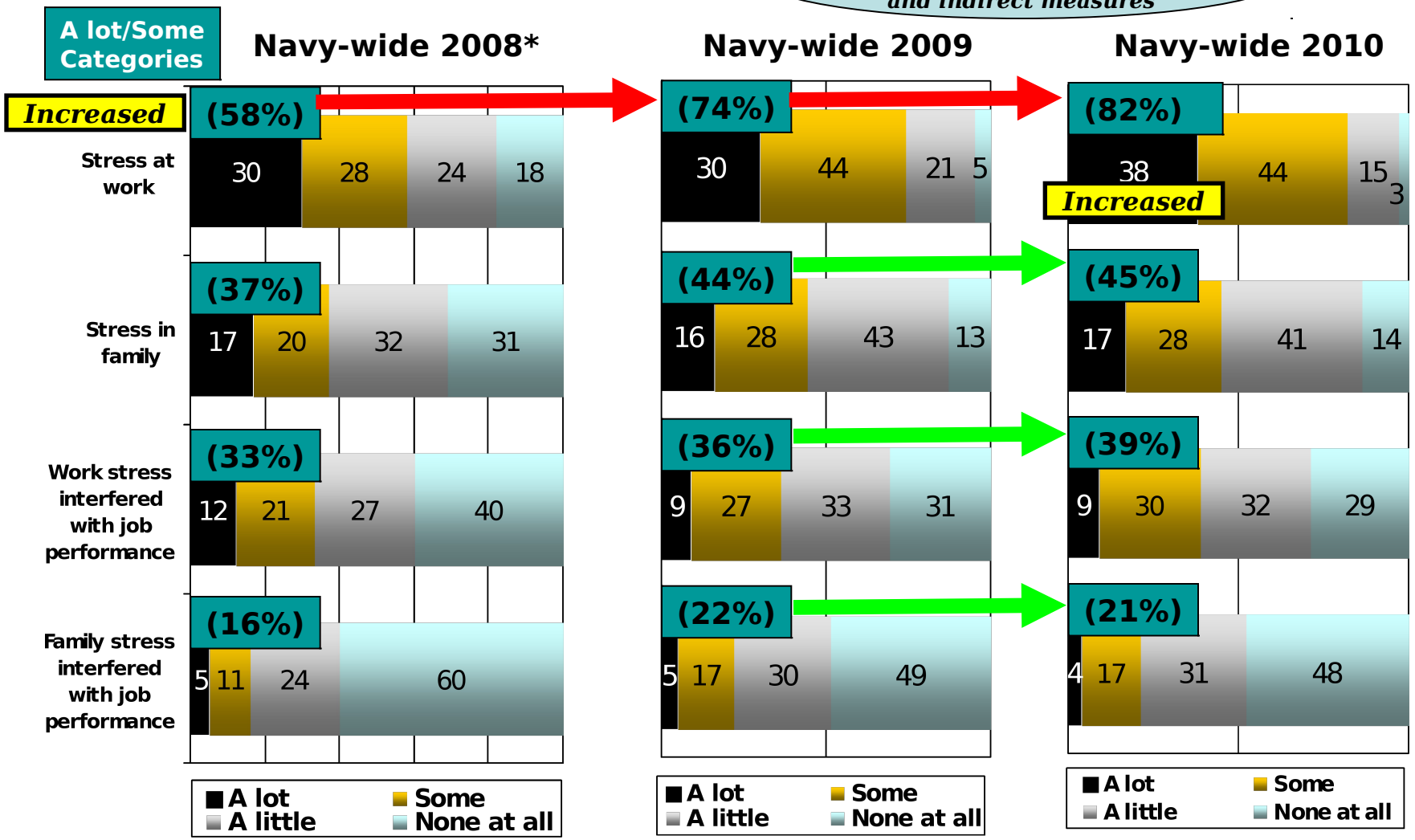
…A <u>Different</u> Navy: More Missions, More Varied, More Demanding

HOPPER

Stress Level

Type & Level of Stress Experienced in the Past 12 Months

The rising work stress finding has been validated via multiple direct and indirect measures

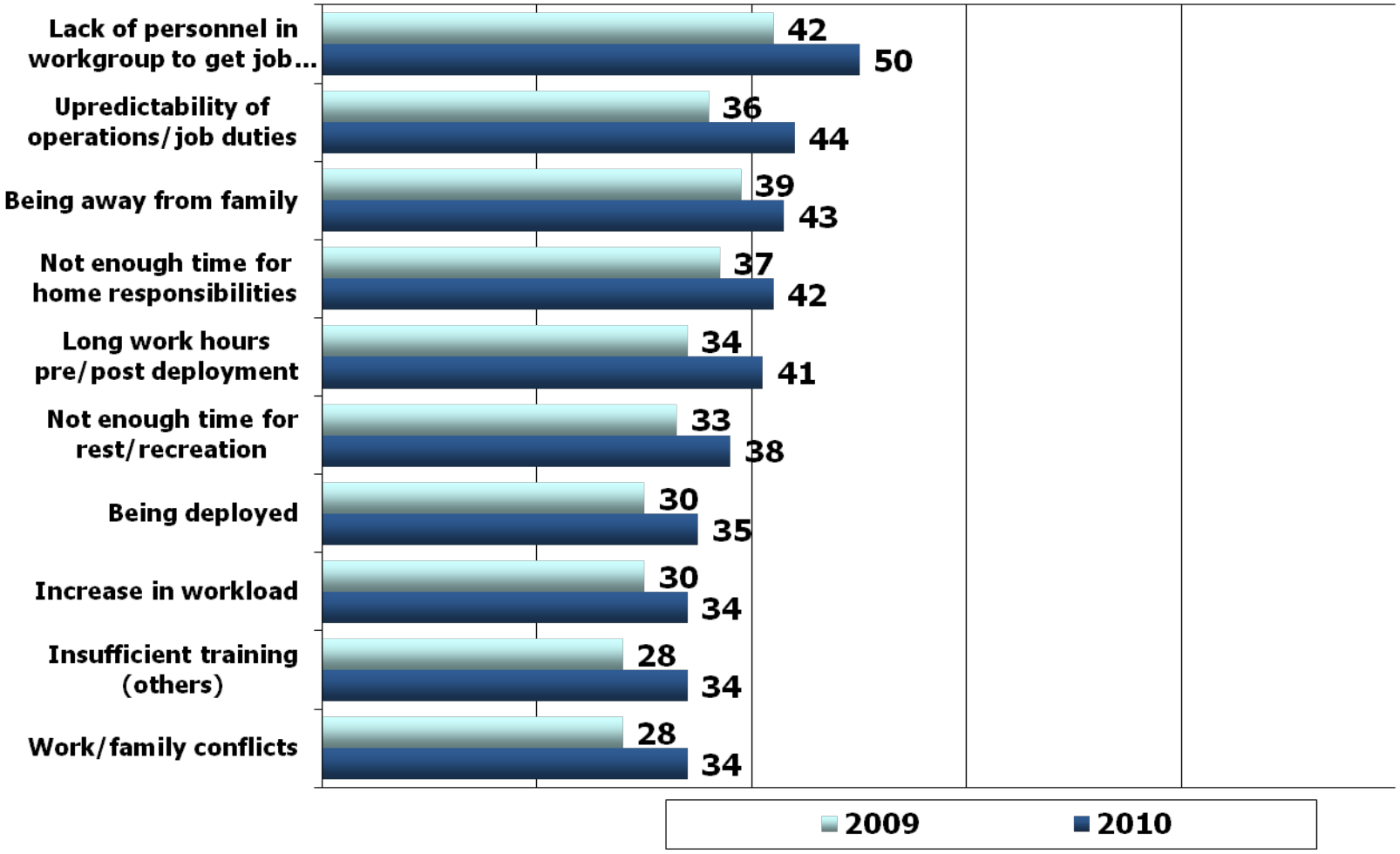


*2008 = Navy-wide results from the 2008 DoD Survey of Health Related Behaviors Among Military Personnel.
Significant 2009-10 difference = 6% or larger for enlisted and 7% or larger for officers.

Causes of Stress

Top 10 Stressors in the Past 12 Months: All Navy

Percent "A Lot"/"Some"



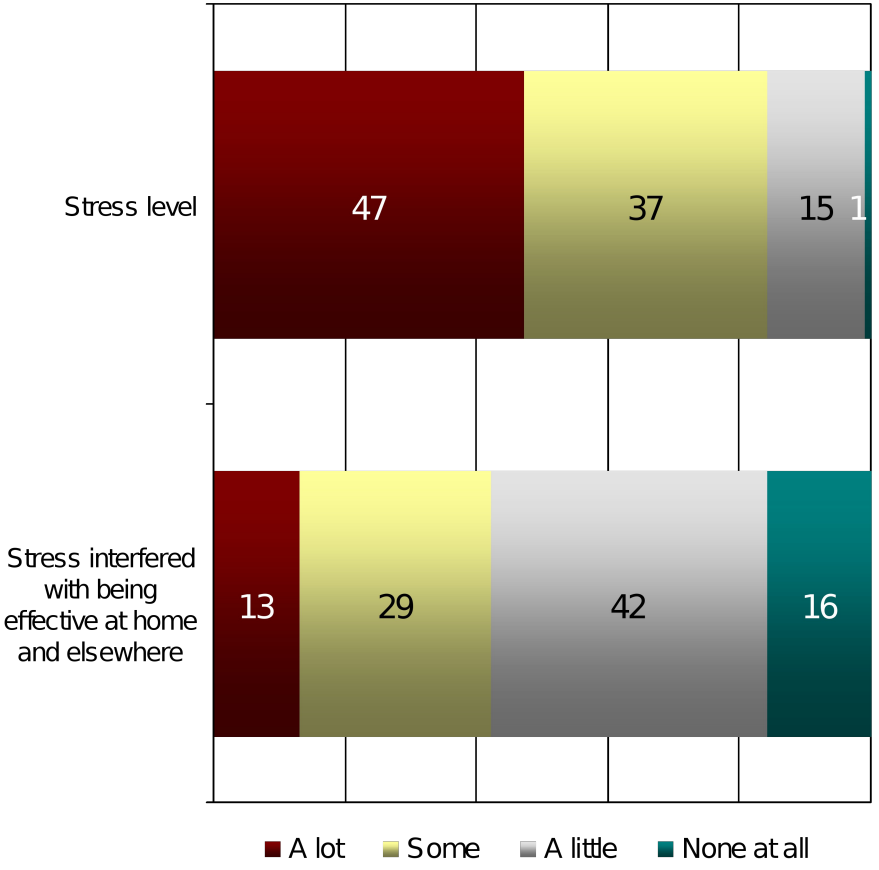
Significant 2009-10 difference = 6% or larger.

Stress Level and Effect in the Past 12 months

Sailors

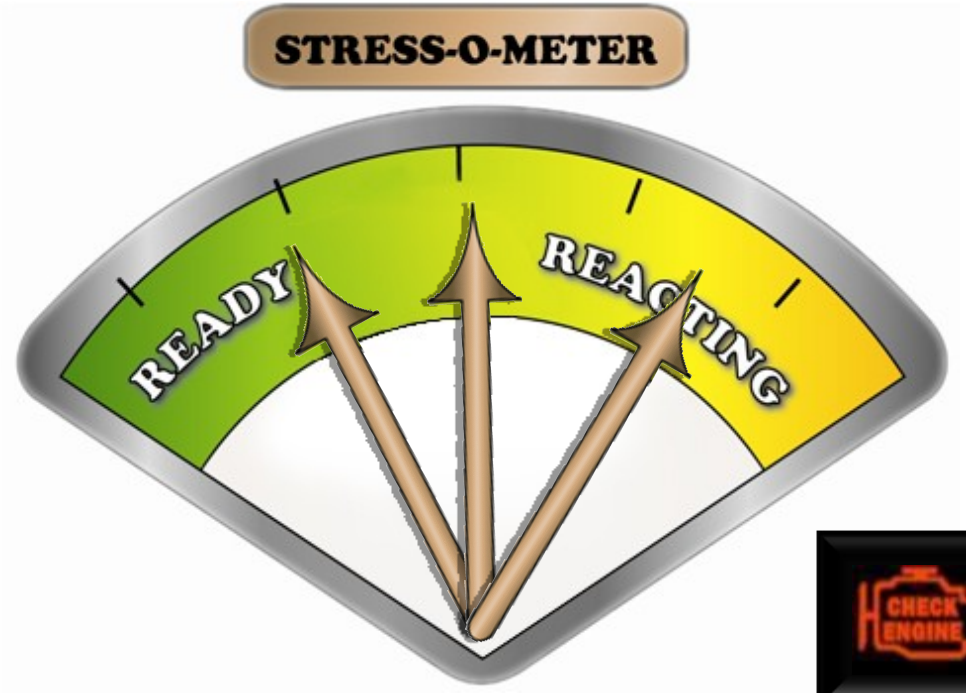
* *2009 BHQP*

Spouses



* *2009 Short survey of 175 sp*

Stress Tachometer

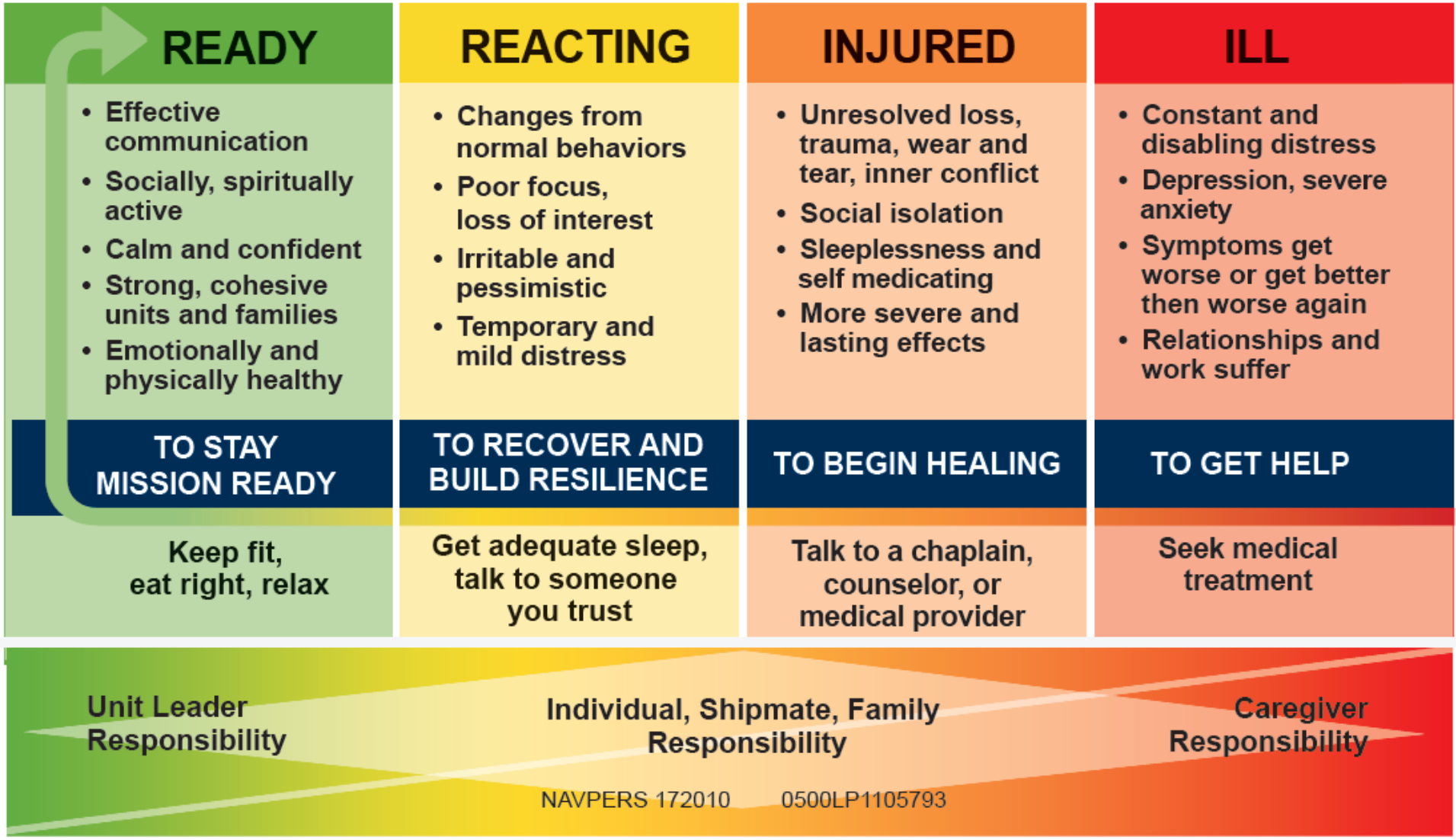


CAUTION:
Check engine.
Service may be required.

STRESS CONTINUUM

GET BACK TO GREEN

www.navynavstress.com


READY
• Effective communication
• Socially, spiritually active
• Calm and confident
• Strong, cohesive units and families
• Emotionally and physically healthy
TO STAY MISSION READY
Keep fit, eat right, relax
REACTING
• Changes from normal behaviors
• Poor focus, loss of interest
• Irritable and pessimistic
• Temporary and mild distress
TO RECOVER AND BUILD RESILIENCE
Get adequate sleep, talk to someone you trust
INJURED
• Unresolved loss, trauma, wear and tear, inner conflict
• Social isolation
• Sleeplessness and self medicating
• More severe and lasting effects
TO BEGIN HEALING
Talk to a chaplain, counselor, or medical provider
ILL
• Constant and disabling distress
• Depression, severe anxiety
• Symptoms get worse or get better then worse again
• Relationships and work suffer
TO GET HELP
Seek medical treatment
Unit Leader Responsibility
Individual, Shipmate, Family Responsibility
Caregiver Responsibility

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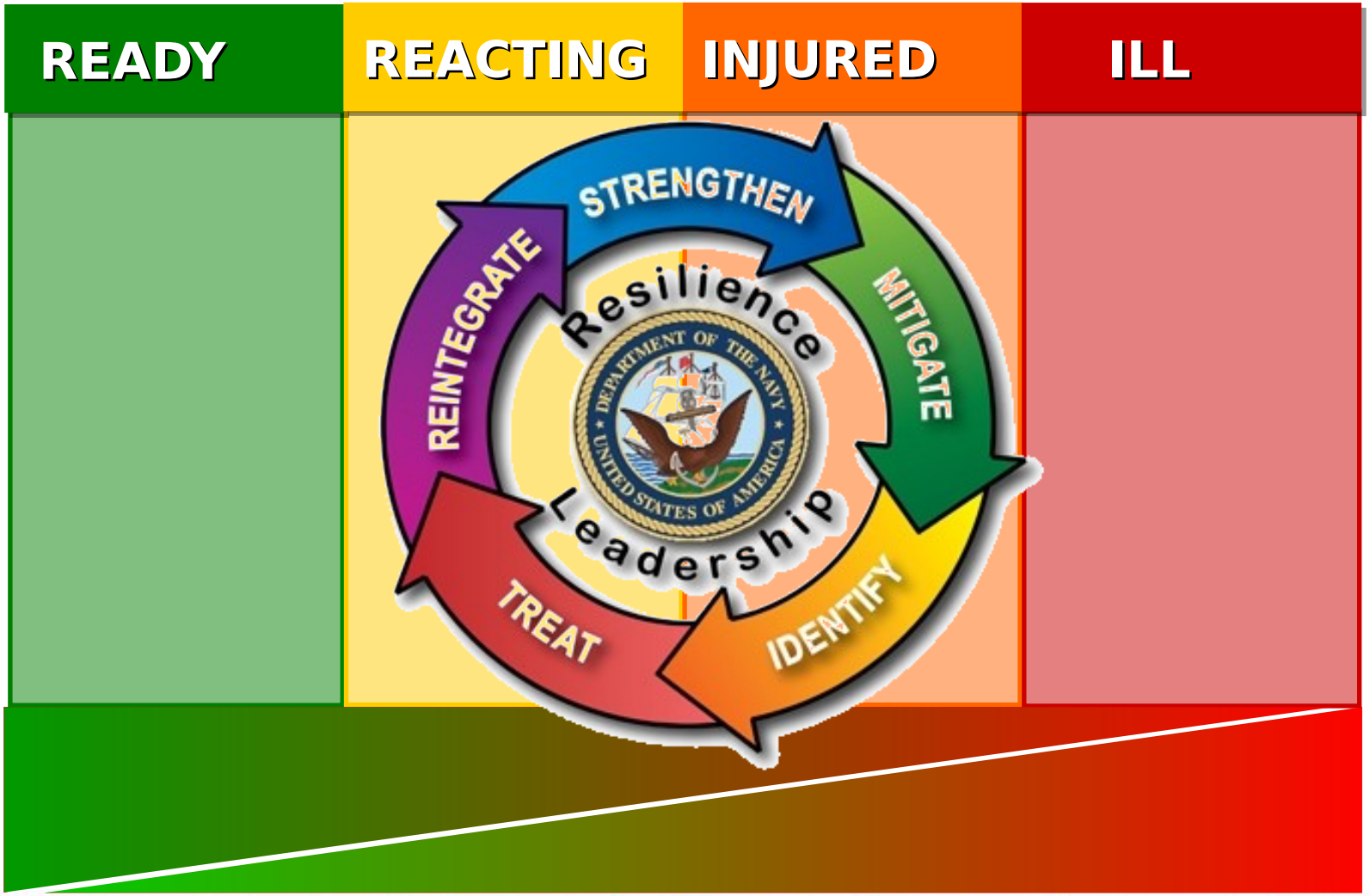
Core Leader Functions



GROUP EXERCISE

Scenario 1

- A new recruiter checked into your spouse's NRS a few months ago. You've met the recruiter's wife Sara once, but the other day Mary, another spouse, called and said she had overheard Sara talking at Starbucks to a friend saying that she was really unhappy. She heard Sara say that she and her husband had planned to start a family while he was on shore duty, but that he had been working such long hours and had been so grumpy lately, she doesn't even want to be around him. Mary said she heard Sara say she doesn't know what to do and at this point would rather go back to sea duty.

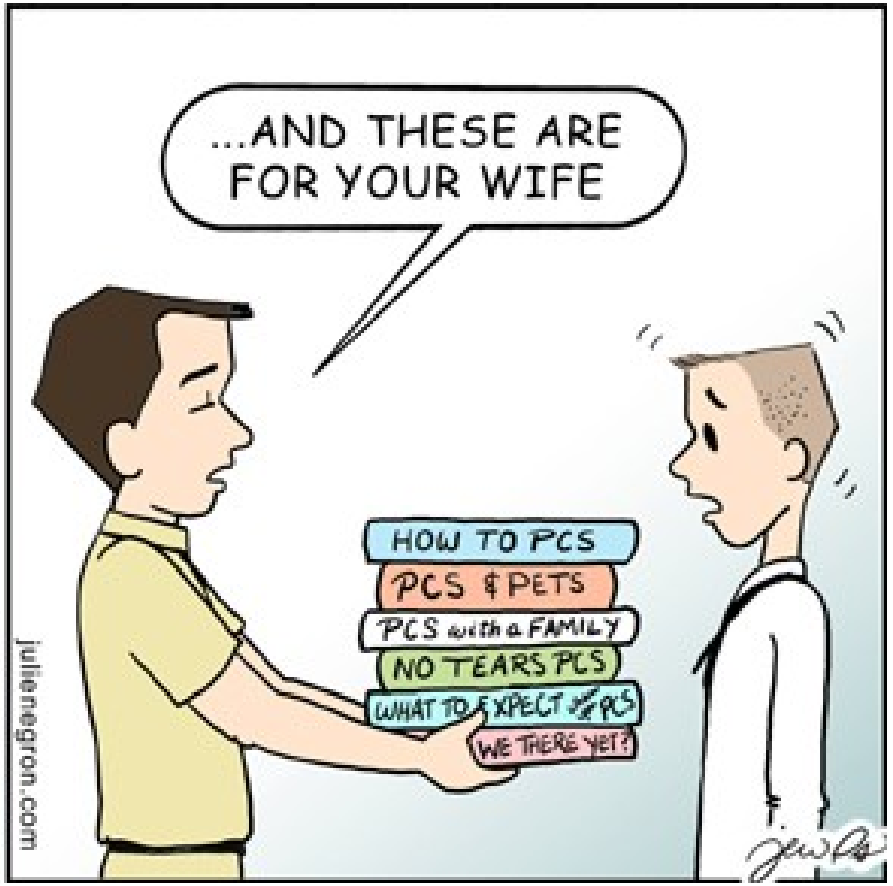
Scenario 2

- For the past six months the NRD has consistently met goal early every month, and from what you hear everyone seems to be doing well. The spouse of one of the other recruiters called a few days ago to talk about maybe getting all the families together for a cookout. The Command Master Chief also called last week to ask if you had lost his phone number or if there really hadn’t been any issues. You haven’t heard of anything, but you start wondering if you should do something.

Scenario 3

- Several months ago a new recruiter transferred into a two-man station to work with the Chief who has been there for almost three years. A few days ago, the new recruiter's wife called you crying and saying that her husband was really having a hard time and she doesn't know what to do. She said the Chief is an alcoholic and routinely asks her husband to cut corners and do things he knows are wrong just to get people in the Navy. Her husband has refused and last month still managed to get two people ready to ship. But a week before the end of the month, both were disqualified at MEPS. She said her husband has totally withdrawn from her, refuses to do anything with the family, and doesn't even want to go into work.

THIS IS FOR YOU...
PCS ORDERS
JulieNegron©2010


...AND THESE ARE FOR YOUR WIFE
HOW TO PCS
PCS & PETS
PCS with a FAMILY
NO TEARS PCS
WHAT TO EXPECT WHEN PCS
WE THERE YET?
julienegron.com

Your role in OSC

- Help build positive relationships
- Help to foster trust
- Communicate
- Help others to see the bigger picture, meaning
- Refer to the right resources

HOME ABOUT CONTACT US

OPERATIONAL STRESS CONTROL
Building A Resilient Navy

NavyNavStress.com

Mind Trips

Posted on September 30, 2010 | Leave a comment

Jonesy takes the "Relaxation While On Duty" briefing to heart.

This week's cartoon features Air Force spouse and military cartoonist Julie Negron, creator of JennySpouse.com

Do you ever daydream? Just floating along on the memories of a fun experience with family or friends? Or maybe dreaming about an upcoming vacation, anticipating the feel of the warm sand and salt spray?

Because we live in a society where left-brain logic is considered the gold

Welcome to the Navy Operational Stress Control (OSC) Navigating Stress blog.

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Changes in today's Naval Service have led to the need for a new way to view Operational Stress Control (OSC). Read more about it on this page.

Information

Location:
Washington, DC

Insights

See All

U.S. Navy Operational Stress Control

Wall | Info | Photos | Discussions | Boxes | Notes | » | +

What's on your mind?

Attach: Share

U.S. Navy Operational Stress Control + Others | Just U.S. Navy Operational Stress Control | Just Others | Settings

U.S. Navy Operational Stress Control "Whether it's physical or mental, positive or negative, stress can take many forms, but Stennis Sailors have resources available to help them deal with these symptoms..." http://stennis74.wordpress.com/2010/09/11/controlling-operational-stress/ via USS John C. Stennis Homeport

Controlling Operational Stress « Stennis74
stennis74.wordpress.com
Whether it's physical or mental, positive or negative, stress can take many forms, but Stennis Sailors have resources available to help them deal with these symptoms.

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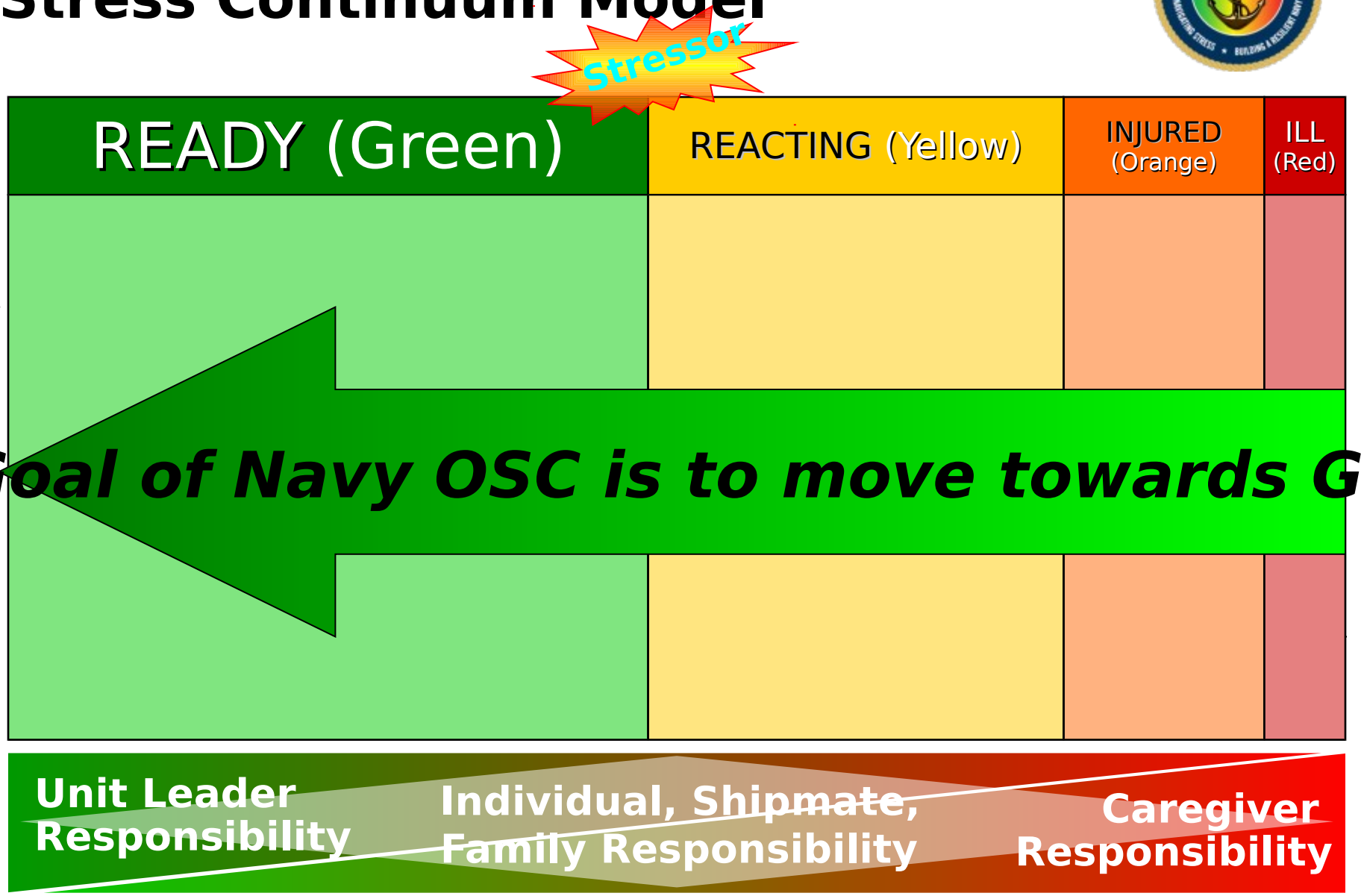
Eric Harrison likes this.

Write a comment...

Stress Continuum Model



Questions?

I LIKE TO GO FOR LONG RUNS WHEN I'M STRESSED.
I CAN CLEAR MY MIND AND JUST GET LOST...
IN THE BEAUTY OF NATURE, THE TRAIL, THE WOODS....
JulieNegron©2010

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Back-up